

Does Your Loved One Need Help?

While you may expect some changes in your loved one's behavior as they age, the following warning signs, especially if several of them are exhibited, might indicate that your loved one needs help:

- Difficulty walking — unsteady when standing — recent fall(s)
- Poor grooming / personal hygiene — soiled clothing
- Changes in eating / cooking habits – Loss of appetite
- Spoiled / outdated food in refrigerator — little nutritious food in home
- Diminished driving skills — recent accidents — near misses
- Loss of interest in activities once enjoyed
- Reluctance to socialize
- Difficulty concentrating — poor judgment
- Memory loss — forgetfulness — confusion
- Mishandled medications
- Persistent fatigue — lack of energy
- Personality changes — irritability — sudden mood changes
- Unopened mail — past due bills — mishandled finances
- Poor housekeeping / home maintenance — unsafe conditions

~adapted from Mayo Clinic Senior Health

Take the Mayo Clinic healthy aging quiz
<http://www.mayoclinic.com/health/aging/QZ00073>